BOWFLEX
REVOLUTION FT

The Bowflex Revolution®FT Home Gym

Assembly Instructions

POWERED BY SPIRAFLEX

P/N: 001-7060 Rev B (6/07/2007)

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Before You Start

Before You Assemble

Select where you are going to locate your Bowflex Revolution®FT carefully. The best place for your Bowflex Revolution®FT is on a hard, level surface. For best results, assemble your the unit in the location where you intend to use it. Allow a workout area of at least 10' length x 6' width (2.6m L x 2m W) of free space for safe operation of the Bowflex Revolution®FT.

Every effort has been made to provide you with a clear and accurate assembly / owners manual. Should you find any inconsistencies, have questions about your Bowflex Revolution® FT Home Gym or have suggestions for improving our manuals, please call 800-628-8458 for assistance.

Basic Assembly Principles

Here are a few basic tips that will make your assembly of the Bowflex Revolution®FT quick and easy. By using these principles, you can simplify each process and save yourself extra time and effort.

1. To make the assembly process go faster, gather the pieces you need for each step and thoroughly read the assembly instructions for that step prior to starting assembly for the step.

2. When tightening a locknut on a bolt, use a combination wrench to grip the locknut and ensure that it is fastened securely.

3. When attaching two pieces, gently lift and look through the bolt holes to help guide the bolt through the holes.

4. As a general rule, and for all bolts and nuts on your Bowflex Revolution®FT, turn bolts or nuts toward the right to tighten and left to loosen. Or you can remember the mnemonic: "Righty tighty, lefty loosey."

Tools You Will Need

Hex Wrenches Are Provided in the Box

3/32" Allen Wrench for #8 Allen Screws

5/16" Allen Wrench for 1/2" Allen Screws

7/32" Allen Wrench for 3/8" Allen Screws

1/8" Allen Wrench for Top Cover Screws

3/16" Allen Wrench (used on XP model only)

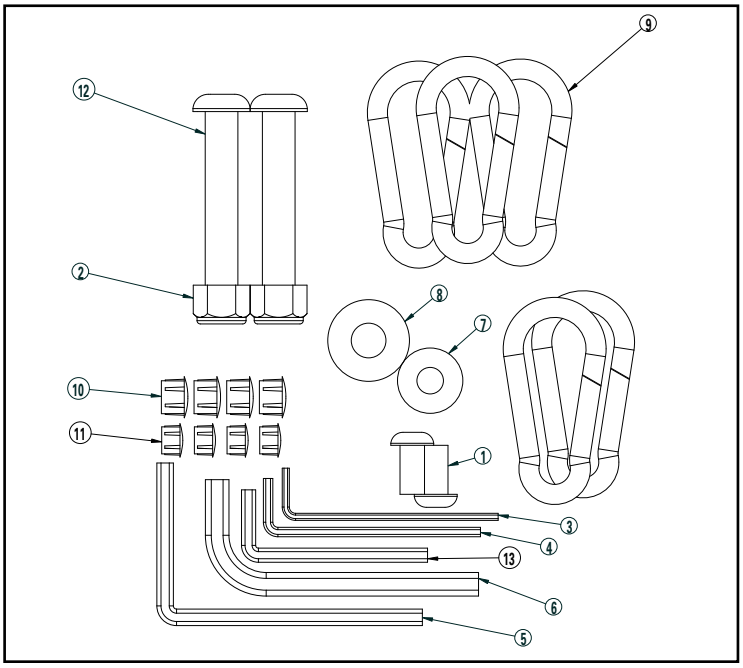
These Tools Are Not Provided in the Box

Phillips Head Screwdriver

3/4" and 9/16" Wrenches or Adjustable Wrenches

* Tool and Hardware specifications subject to change without notice.

Hardware Contents

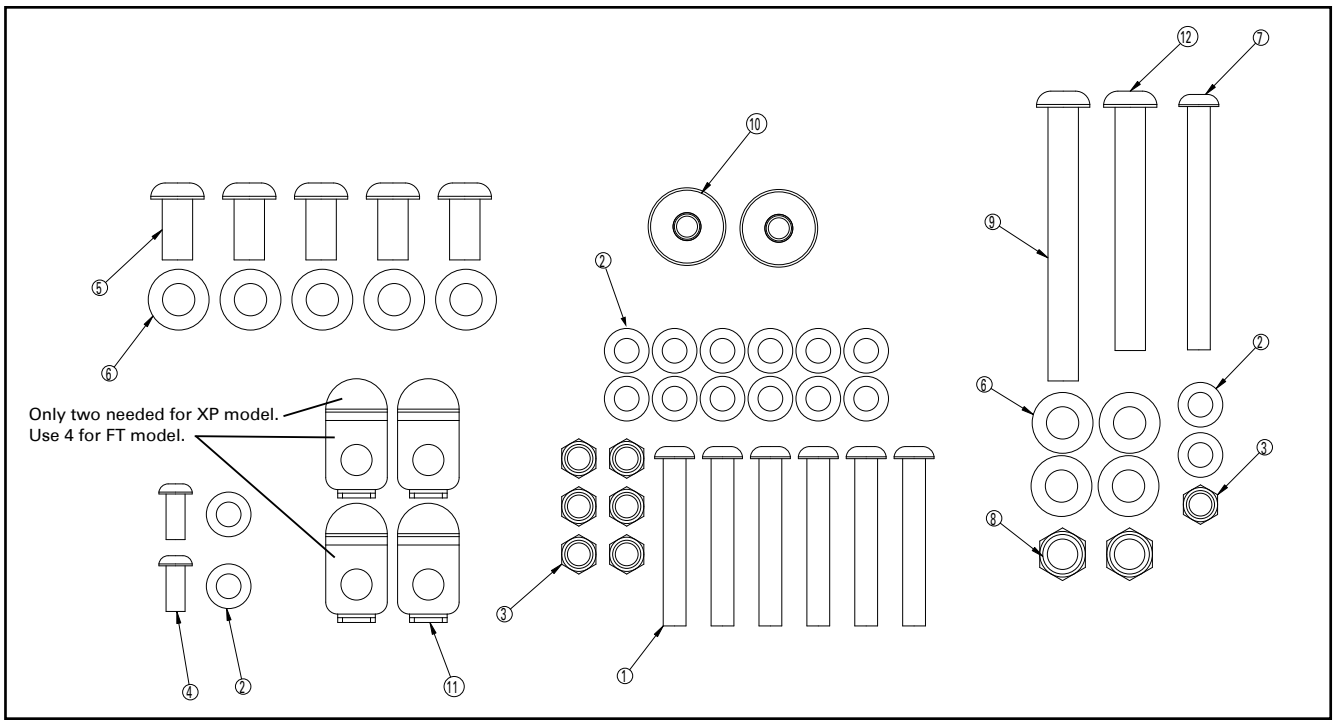


NOTE: When building the FT model you will have 1 extra spring clip, two extra 1/2" plugs and two extra 3/8" plugs.

Hardware Card (Box 2)

ITEM NO.	QTY.	DESCRIPTION
1	2	BUTTON HEAD CAP SCREW WITH THREADLOCK 3/8"X3/4"
2	2	NYLOCK NUT 1/2"
3	1	WRENCH, ALLEN HEX 3/32"
4	1	WRENCH, ALLEN HEX 1/8"
5	1	WRENCH, ALLEN 7/32"
6	1	WRENCH, ALLEN HEX 5/16"
7	2	WASHER 3/8"
8	4	WASHER 1/2"
9	5	SPRING CLIP
10	4	1/2" PLASTIC PLUG
11	4	3/8" PLASTIC PLUG
12	2	BUTTON HEAD CAP SCREW 1/2"x3 1/4"
13	1	WRENCH, HEX 3/16"

Hardware



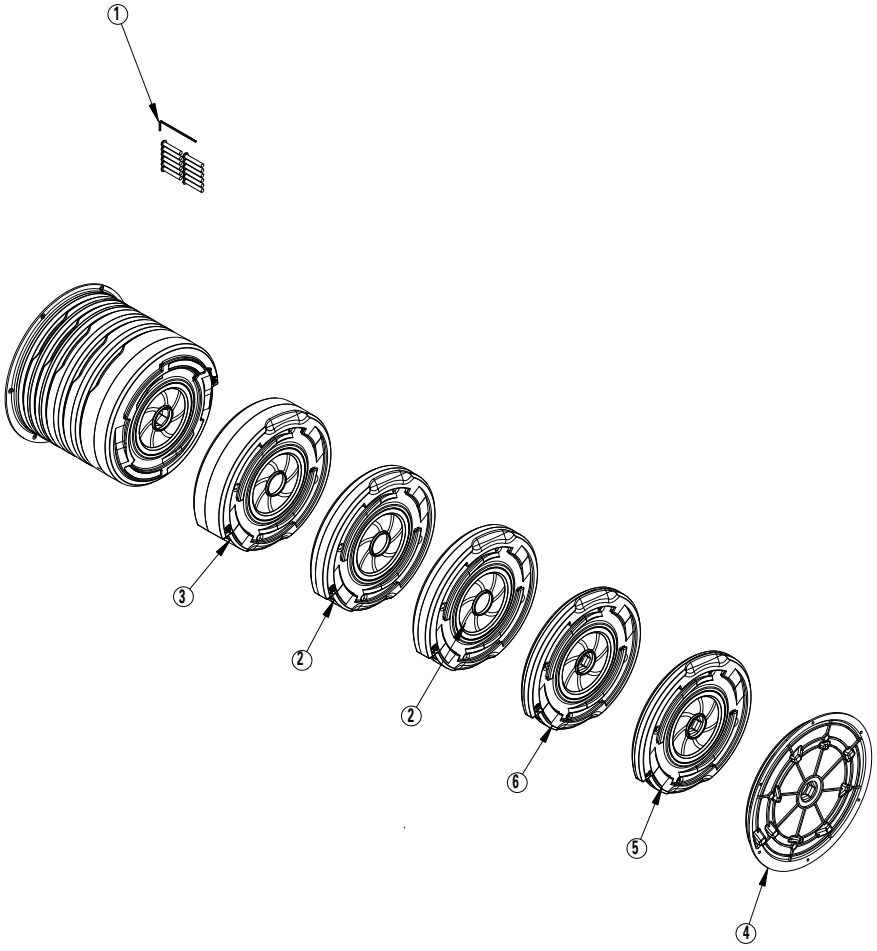
NOTE: When building the FT model you will have two left over 3/8" washers.

Hardware Card (Box 3)

ITEM NO.	QTY.	DESCRIPTION
1	6	BUTTON HEAD CAP SCREW 3/8"x 2 3/4"
2	16	NARROW WASHER 3/8"
3	7	NYLOCK NUT 3/8"
4	2	BUTTON HEAD CAP SCREW WITH THREADLOCK 3/8"x 3/4"
5	5	BUTTON HEAD CAP SCREW WITH THREADLOCK 1/2"x 1"
6	9	NARROW WASHER 1/2"
7	1	BUTTON HEAD CAP SCREW 3/8"x 4"
8	2	NYLOCK NUT 1/2"
9	1	BUTTON HEAD CAP SCREW 1/2"x 4 1/2"
10	2	RUBBER PAD
11	4	CABLE HOOK
12	1	BUTTON HEAD CAP SCREW 1/2"x 4"

Box Contents

BOX 1

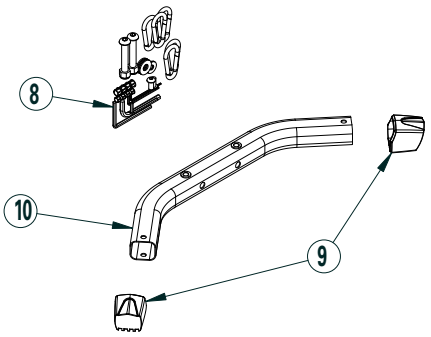


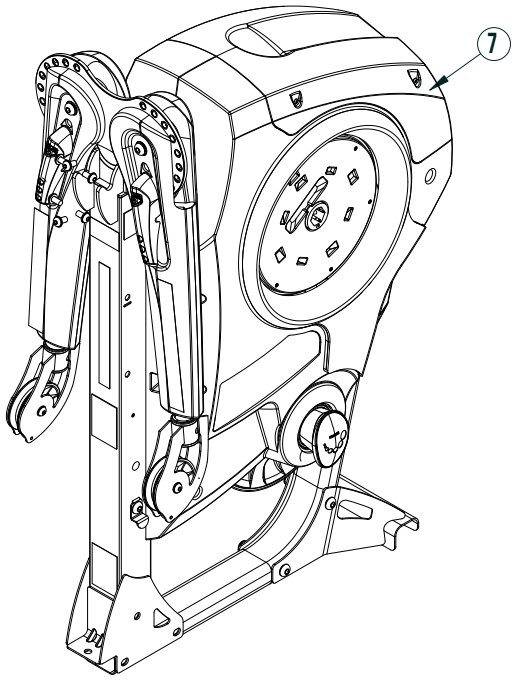
Box 1 Contents

ITEM	QTY.	DESCRIPTION
1	1	PRE STRETCH HARDWARE PACK
2	4	20LB PACK ASSEMBLY
3	2	40LB PACK ASSEMBLY
4	2	PRE-STRETCH PACK ASSEMBLY
5	2	5LB PACK ASSEMBLY
6	2	10LB PACK ASSEMBLY

Box Contents

BOX 2



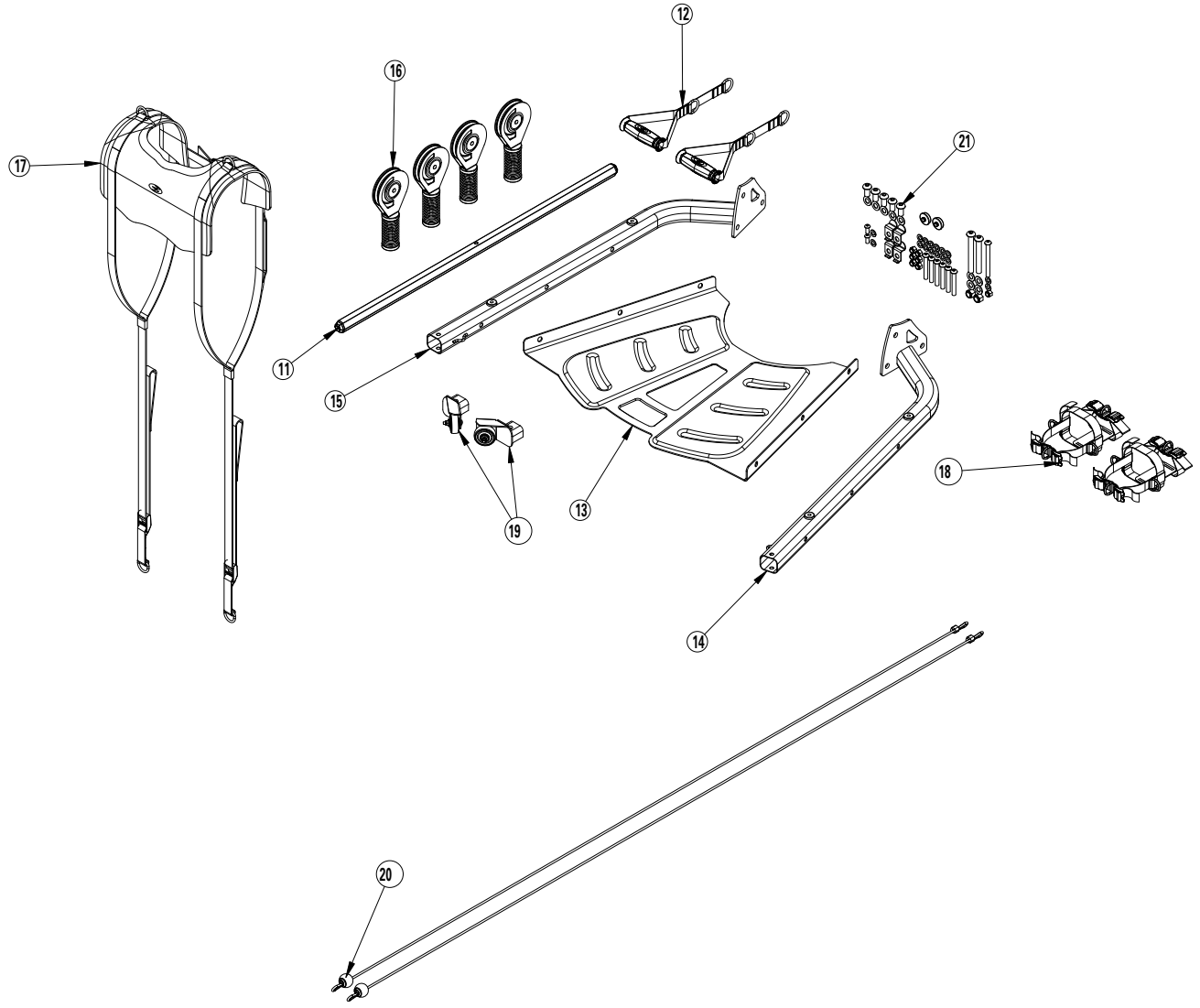


Box 2 Contents

ITEM NO.	QTY.	DESCRIPTION
7	1	REVOLUTION MAIN UNIT
8	1	BOX HARDWARE CARD
9	2	FOOT CAP
10	1	REAR STABILIZER

Box Contents

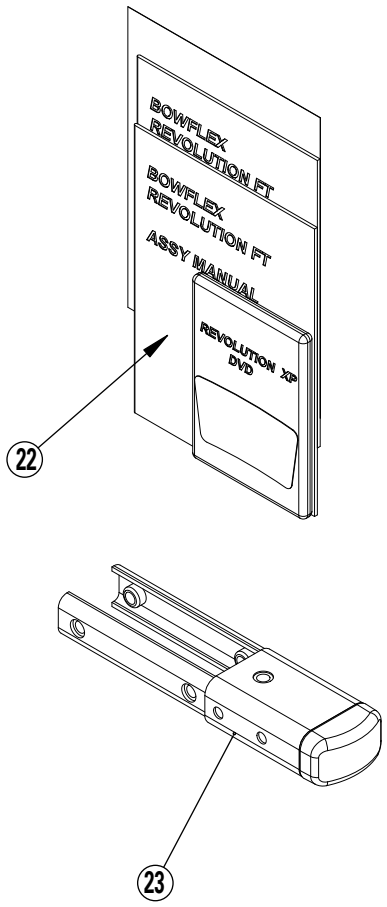
BOX 3



Box 3 Contents

ITEM NO.	QTY.	DESCRIPTION
11	1	SHAFT
12	1	BOWFLEX HANDLE KIT
13	1	PLATFORM
14	1	LEFT STABILIZER
15	1	RIGHT STABILIZER
16	4	PULLEY
17	1	SQUAT HARNESS
18	1	MULTI POINT FOOT HARNESS
19	1	TRANSPORT WHEELS
20	1	LEG EXT ROPE
21	1	BOX 3 HARDWARE CARD

BOX 4



Box 4 Contents

ITEM NO.	QTY.	DESCRIPTION
22	1	DOCUMENT KIT
23	1	BUMPER

Assembly

WARNING

Warning: The Bowflex Revolution®FT Home Gym is very heavy. Whenever possible use two people to unbox the main unit.

We have designed the packaging to make unboxing the main unit as safe and easy as possible.

NOTE: Some of the hardware needed for unboxing is located on the Box 3 Hardware Card

Step 1

1-1 Open the top flaps of Box 2 *(Figure A)* and split the corners along the perforations to expose the top layer of styrofoam. *(Figure B)*

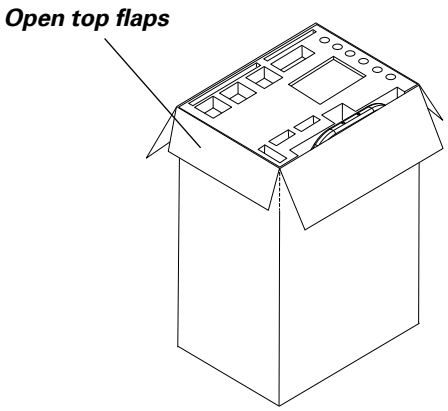


Figure A

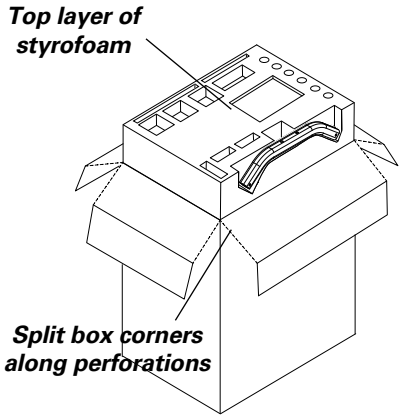


Figure B

Step 2

2-1 Remove the Rear Stabilizer, and Hardware Pack, *(Figure C)* then remove the top layer of styrofoam to expose the lower portion of the Main Frame. *(Figure D)*

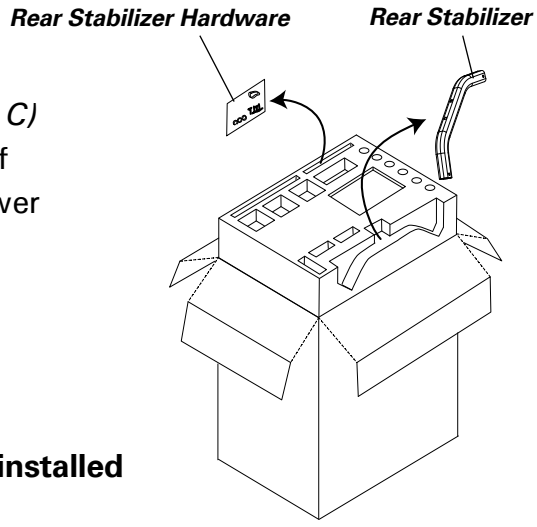


Figure C

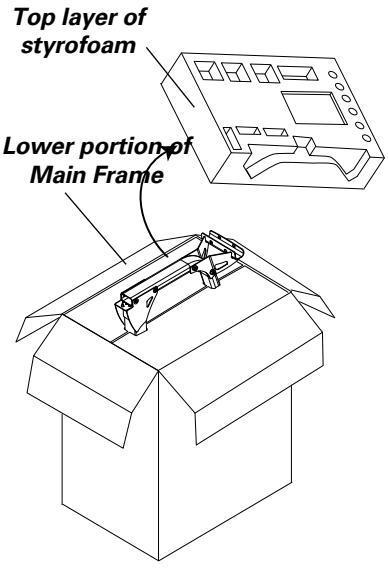


Figure D

The two Foot Caps that are packaged in this box will be installed in Step 6. *(Figure E)*

Foot Caps

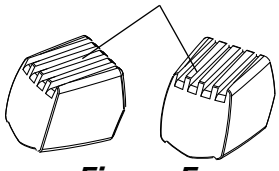
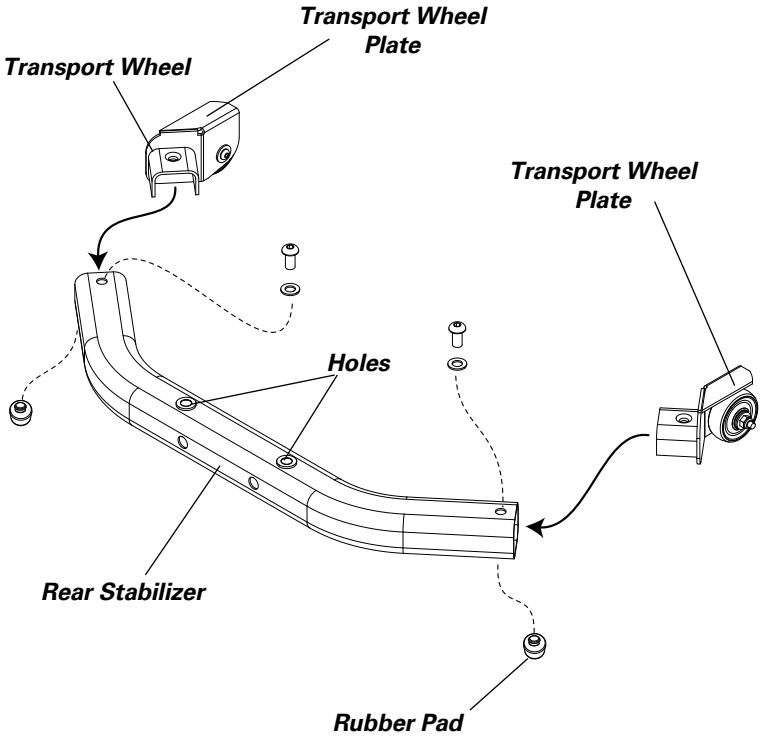


Figure E

Step 3 Assemble Rear Stabilizer



Parts:

- Rear Stabilizer (*Box 2*)
- Rubber Pads (*Box 3 hardware card*)
- Transport Wheels (*Box 3*)

Tools:

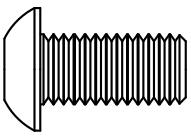
- 7/32″ Allen Wrench

3-1 Insert Transport Wheels into Rear Stabilizer making sure that the holes in the Stabilizer and the plates on the Transport Wheels are pointing up.

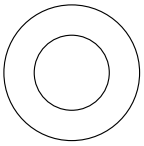
3-2 Install and completely tighten the hardware.

3-3 Press the Rubber Pads into the holes on the opposite side of the hardware.

Hardware (1:1):



2 Button Head Cap Screw With Threadlock (3/8″ X 3/4 ″)



2 Washer (3/8″)

Assembly

Step 4 Install Rear Stabilizer

Parts:

- Rear Stabilizer (From Step 3)

Tools:

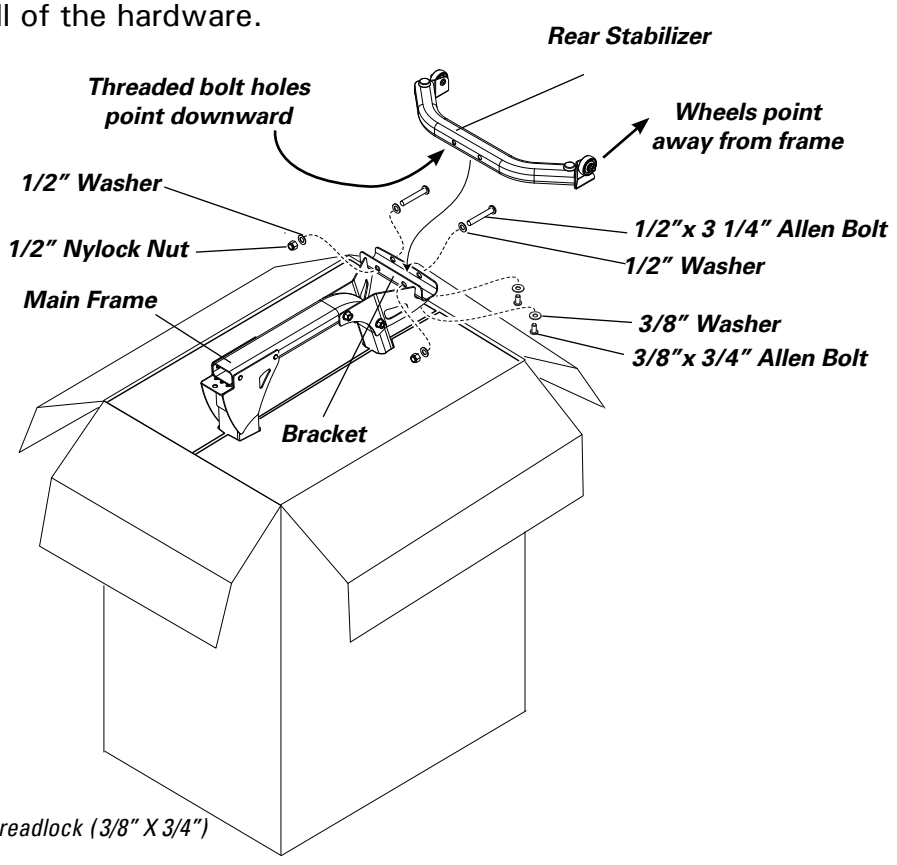
- 5/16″ Allen Wrench
- 7/32″ Allen Wrench
- 3/4″ Wrench or Adjustable Wrench

4-1 Place the Rear Stabilizer in the bracket on the Main Frame with the wheels pointing away from the frame. Make sure the two bolt holes in the Rear Stabilizer are pointing *downward.*

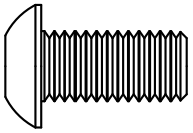
4-2 Install *but do not tighten* two 3/8″x3/4″ Allen Bolts and 3/8″ washers (Box 3 Hardware Card) in the underside of the Rear Stabilizer.

4-3 Install two 1/2″x3 1/4″ Allen Bolts with 1/2″ washers and Nylock Nuts in the sides of the Rear Stabilizer.

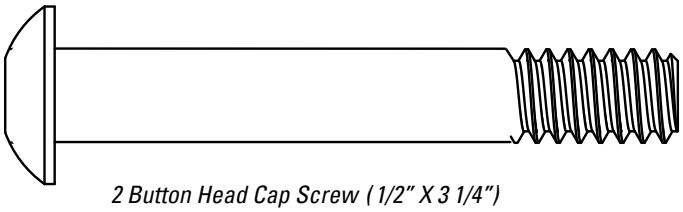
4-4 Completely tighten all of the hardware.



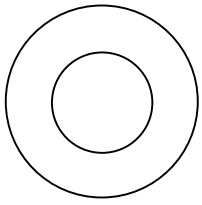
Hardware (1:1):



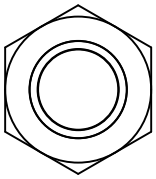
2 Button Head Cap Screw With Threadlock (3/8″ X 3/4″)



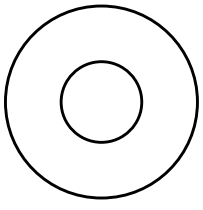
2 Button Head Cap Screw (1/2″ X 3 1/4″)



4 Washer (1/2″)



2 Nylock Nut (1/2″)



2 Washer (3/8″)

Step 5 Install Stabilizers and Bumper

Parts:

- Right and Left Stabilizer (*Box 3*)
- Bumper (*Box 4*)

Tools:

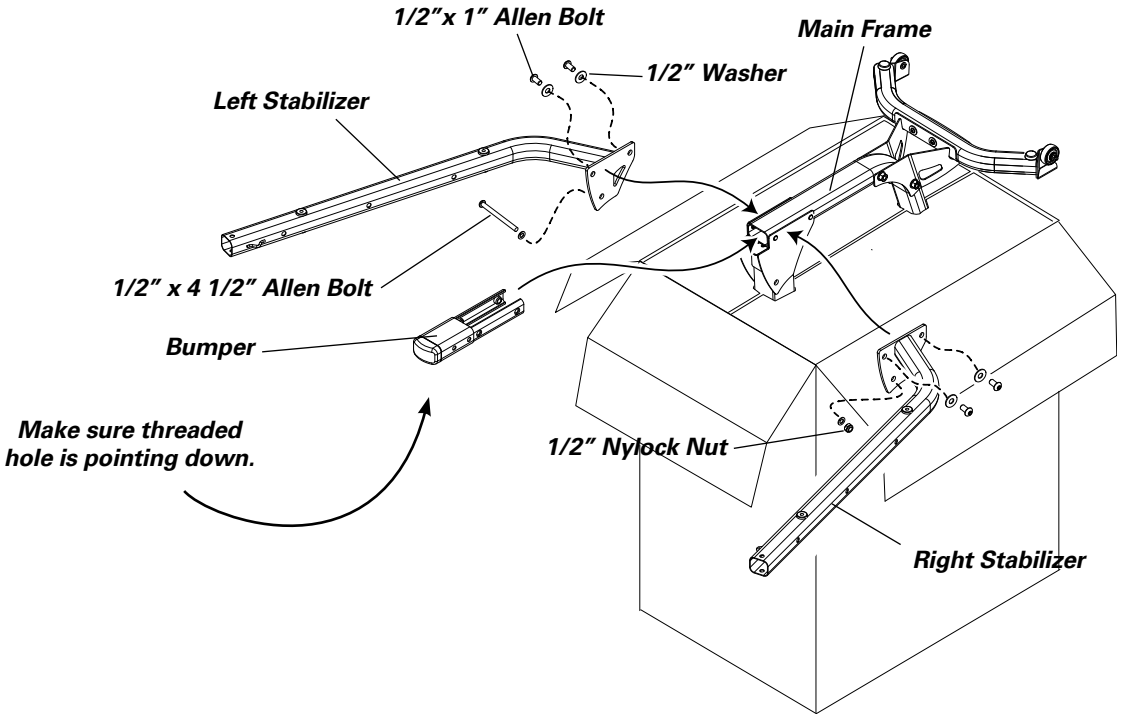
- 5/16″ Allen Wrench
- 3/4″ Wrench or Adjustable Wrench

5-1 Insert Bumper into the Main Frame with the threaded hole on the flat side *pointing down* as shown.

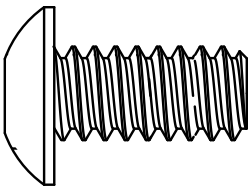
5-2 Align the Right and Left Stabilizers with the holes in the Main frame.

5-3 Install but *DO NOT TIGHTEN* the hardware.

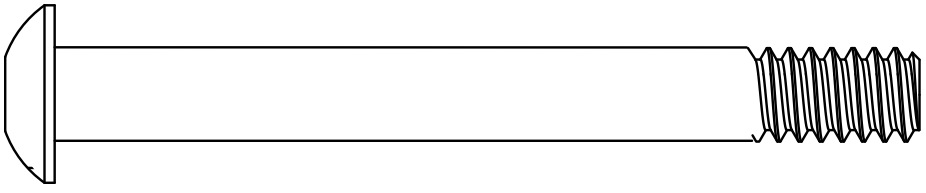
NOTE: You will install an additional screw in the Bumper when the unit is upright.



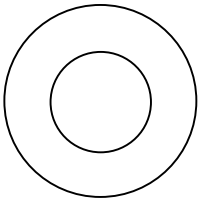
Hardware (1:1):



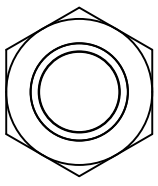
4 Button Head Cap Screw With Threadlock (1/2″ X 1″)



1 Button Head Cap Screw (1/2″ X 4 1/2 ″)



6 Washer (1/2″)



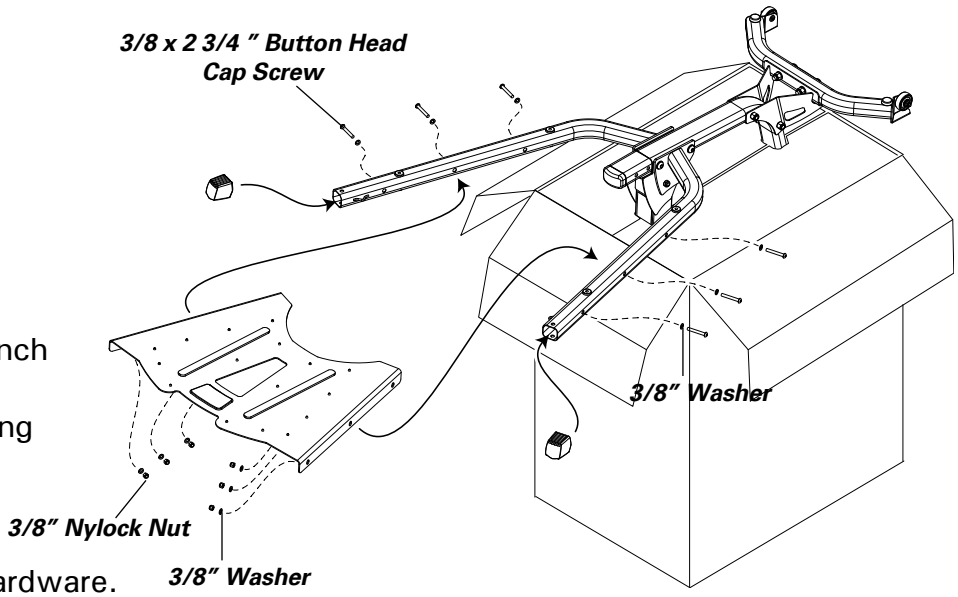
1 Nylock Nut (1/2″)

Assembly

Step 6

Parts:
- Platform (*Box 3*)
- Foot Caps (*Box 2*)

Tools:
- 7/32" Allen Wrench
- 9/16" Wrench or Adjustable Wrench

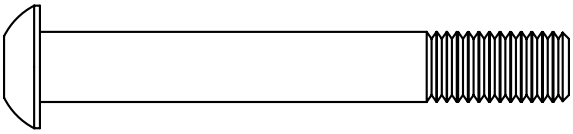


6-1 Align Platform with Stabilizers making sure the rubber pads are pointing *downward.*

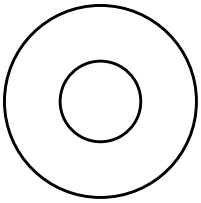
6-2 Install but *DO NOT TIGHTEN* the hardware.

6-3 Install Foot Caps onto the ends of the Stabilizers.

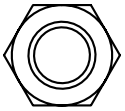
Hardware (1:1):



6 Button Head Cap Screw (3/8" X 2 3/4")



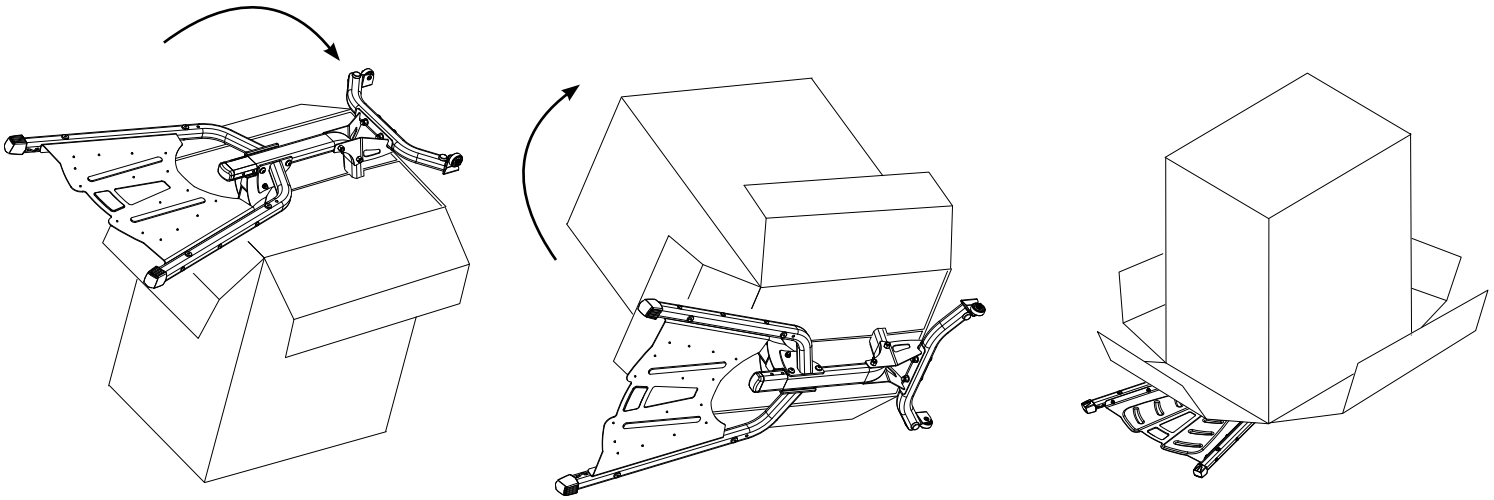
12 Washer (3/8")



6 Nylock Nut (3/8")

Step 7

With the help of a partner, slowly roll the box completely over so the unit rests on the Rear Stabilizer and Platform.

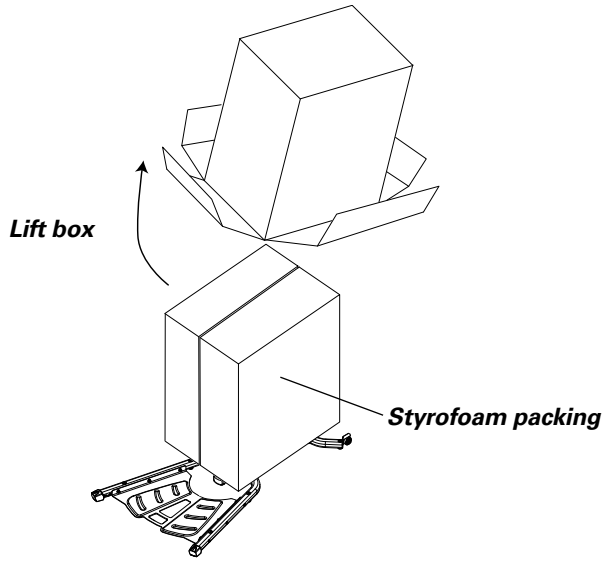


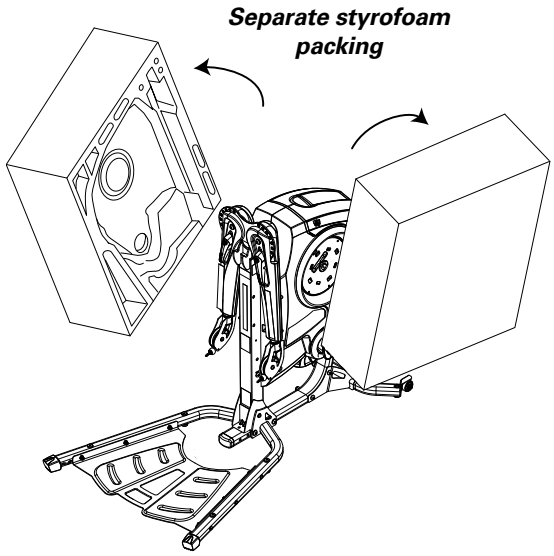
Assembly

Step 8

8-1 Lift the box up and off of the styrofoam packing.

8-2 Separate the styrofoam packing. **Remove plastic wrapping from the engine.**





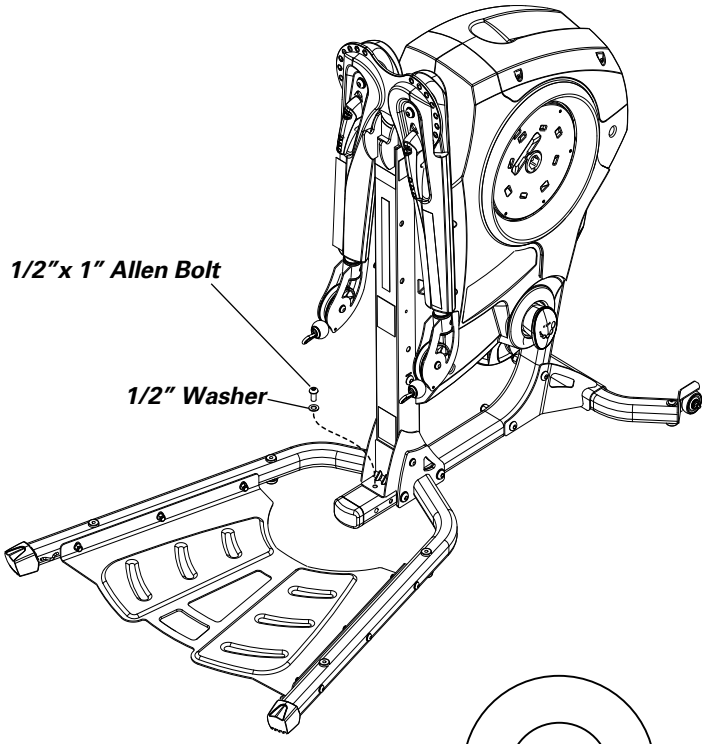
Step 9

Tools:

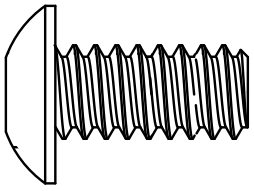
- 5/16" Allen Wrench

9-1 Install one 1/2"x" Allen Bolt.

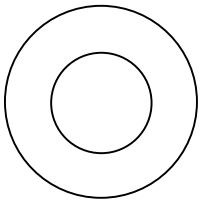
9-2 Make sure Platform is flat and level and completely tighten hardware from steps 5 through 9.



Hardware (1:1):



1 Button Head Cap Screw With Threadlock (1/2" X 1 ")



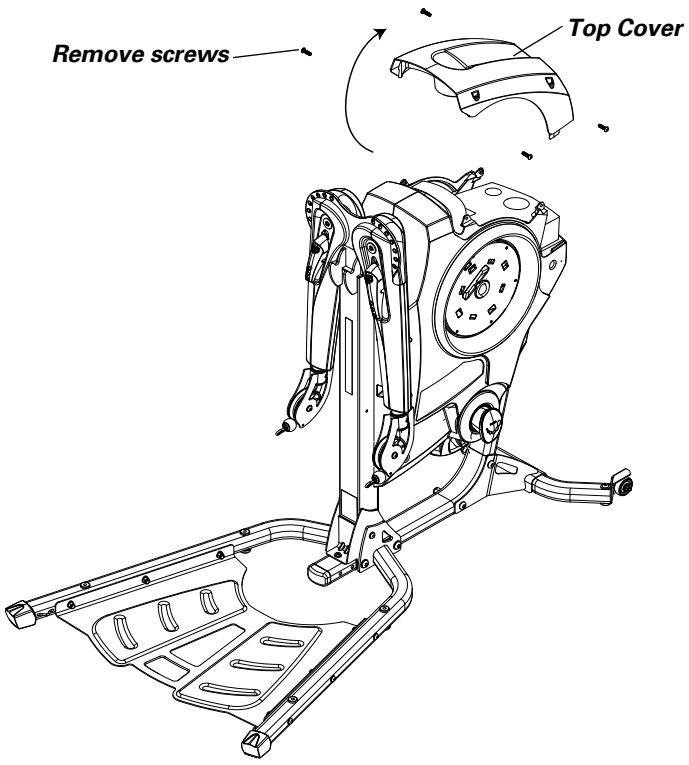
1 Washer (1/2")

Step 10 Remove Top Cover

Tools:

- 1/8″ Allen wrench

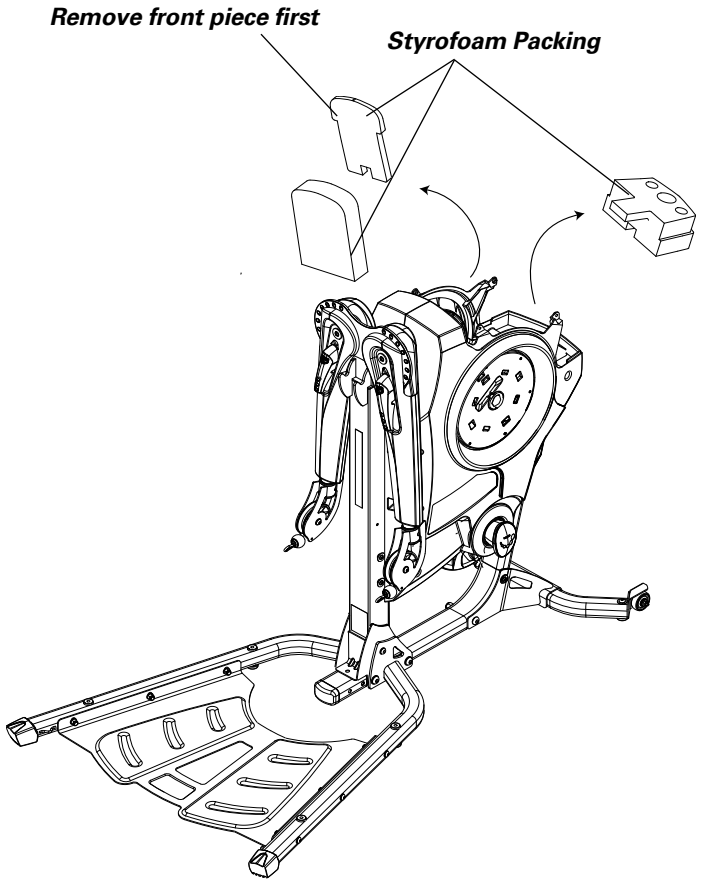
10-1 Use a 1/8″ Allen Wrench to remove the four screws in the Top Cover, then remove the Top Cover and set it aside. Set screws aside for Step 16.



Step 11 Remove Styrofoam Inner Packing

11-1 Remove and discard the three pieces of Styrofoam Inner Packing.

Note: *You must open the plastic bag and remove each piece of styrofoam individually.*



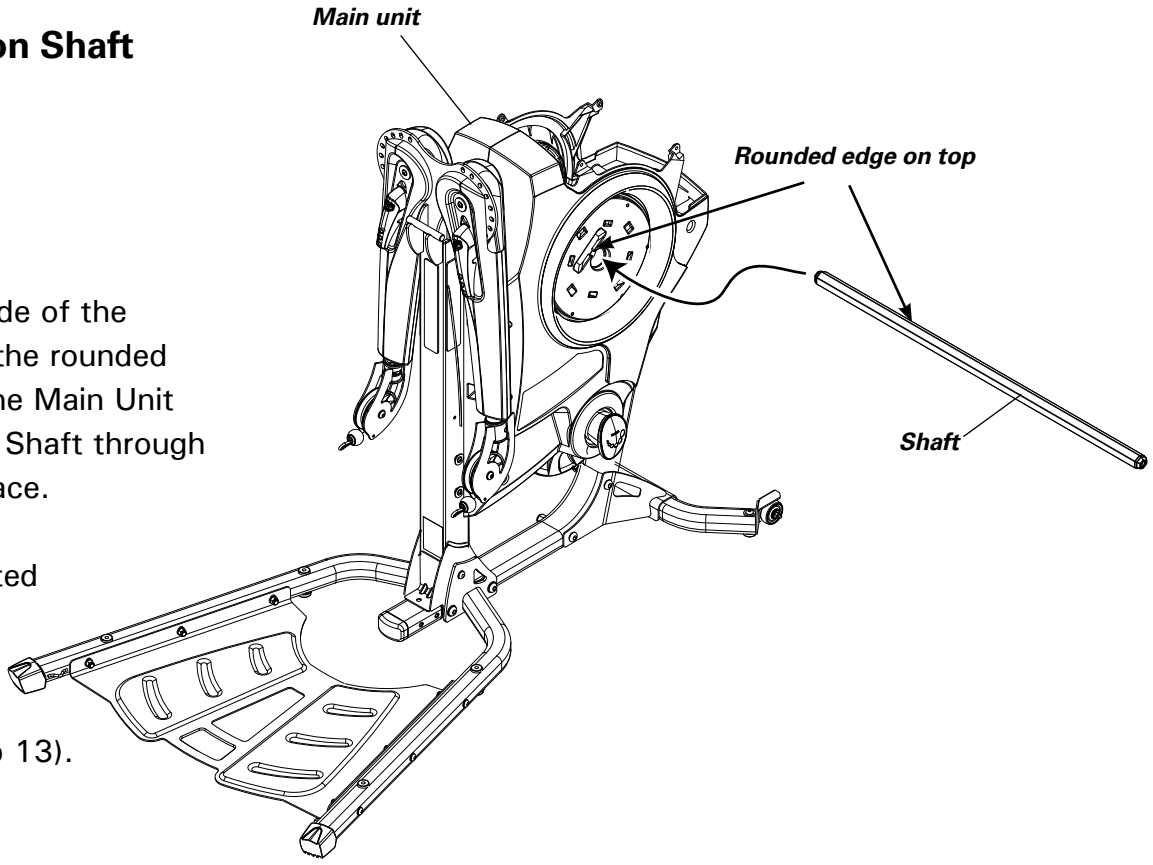
Step 12 Install Tension Shaft

Parts:

- Main Unit
- Shaft (*Box 3*)

12-1 Align the rounded side of the Tension Shaft with the rounded side of the hole in the Main Unit and slowly slide the Shaft through until it clicks into place.

If the Shaft is obstructed inside the Main Unit, loosen the tension screws in the Tension Shaft Holder (see Step 13).



Note: *If you didn't feel or hear a distinct click, make sure the shaft is centered by measuring the amount of exposed shaft on each side of the Main Unit. There should be an equal measure on each side.*

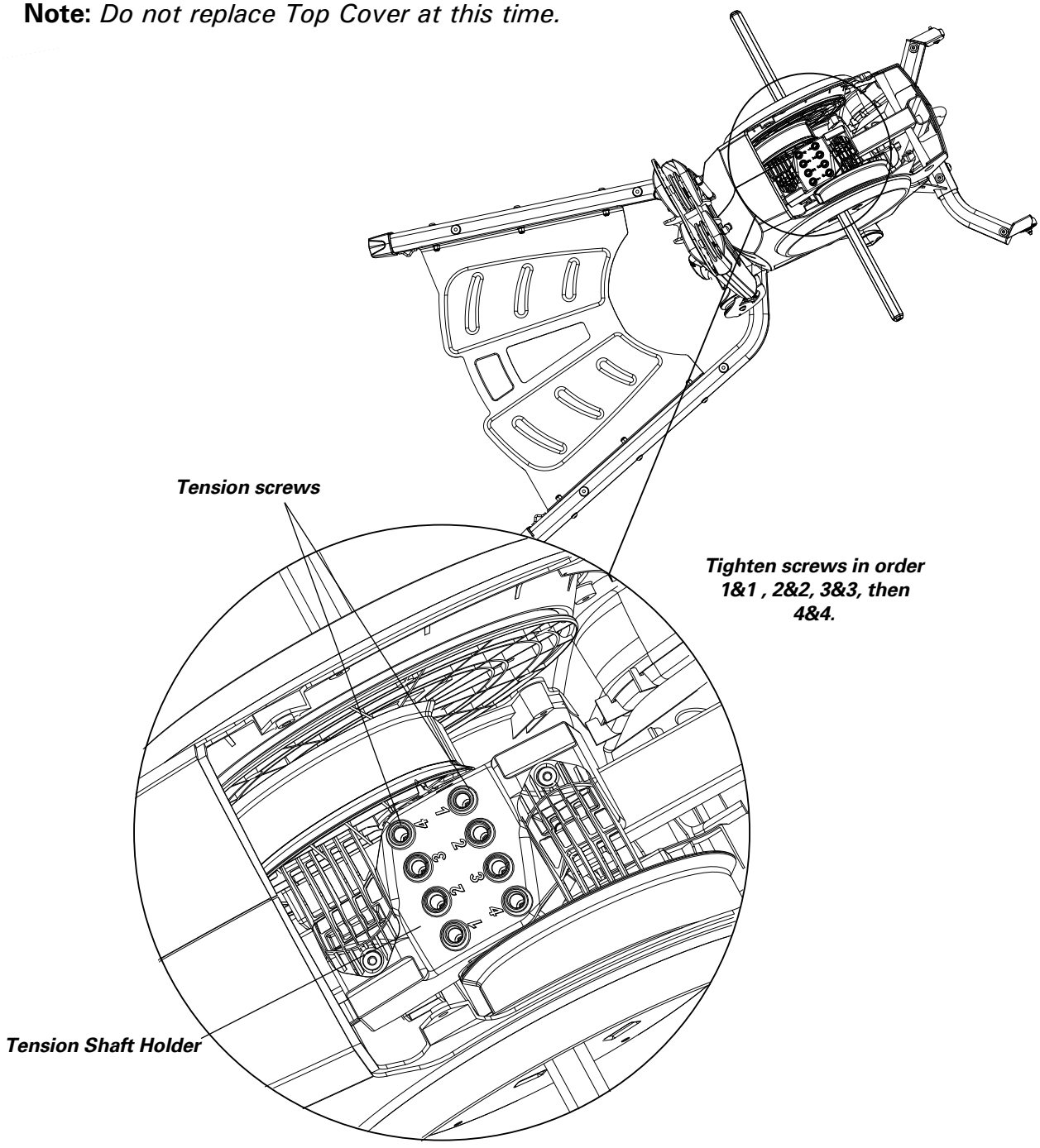
Step 13 Tighten Tension Shaft Holder

Tools:

- 7/32″ Allen Wrench

13-1 Use a 7/32″ Allen Wrench to tighten the Tension Shaft Holder by tightening the screws in numerical order shown on the tensioner. Tighten the two screws marked 1, then the two marked 2, etc.

Note: *Do not replace Top Cover at this time.*



Step 14 Install Pre-Tension SpiraFlex® Packs.

Tools:

- 3/32" Allen Wrench (*Box 1*)

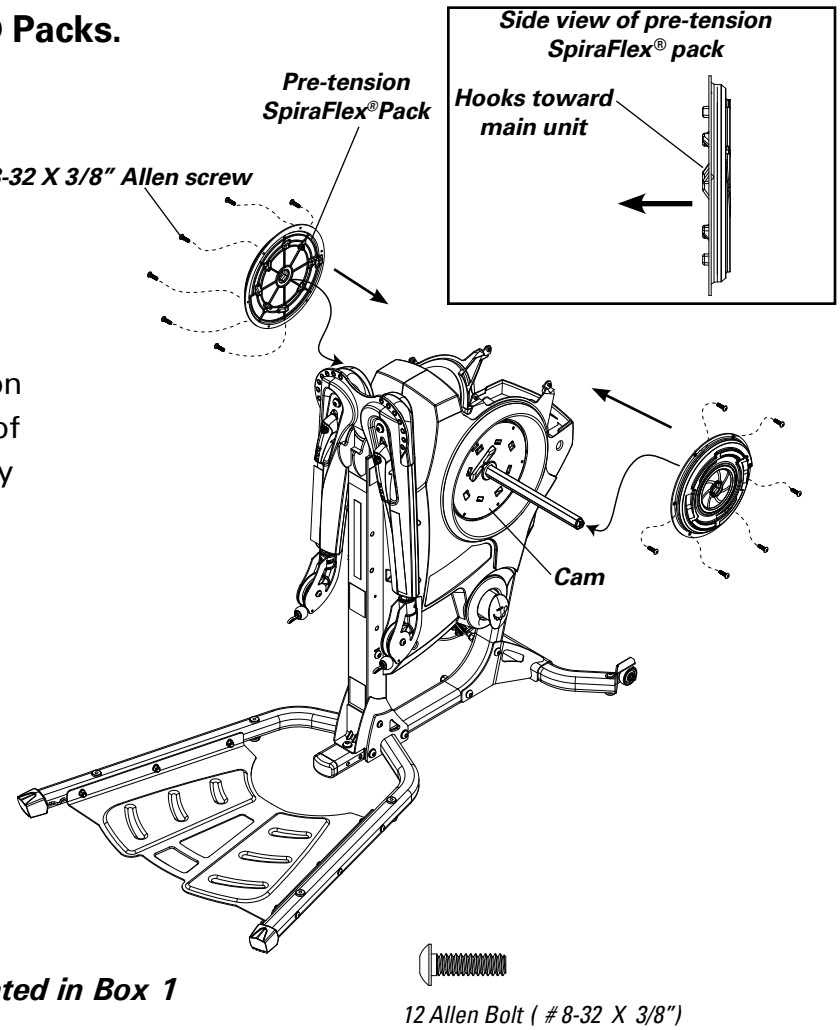
Parts:

- Pre-tension SpiraFlex® Packs (*Box 1*)

14-1 Align the rounded edge of the Pre-tension SpiraFlex® Pack with the rounded edge of the Tension Shaft and slide it all the way onto the shaft.

14-2 When the Pack makes contact with the Cam, continue to apply pressure and twist the Pack to the left until you feel the Pack seat into place.

14-3 Install and completely tighten hardware, installing screws in a star pattern around pre-tension pack.



Hardware (1:1): ***Hardware for this step located in Box 1***

12 Allen Bolt (# 8-32 X 3/8")

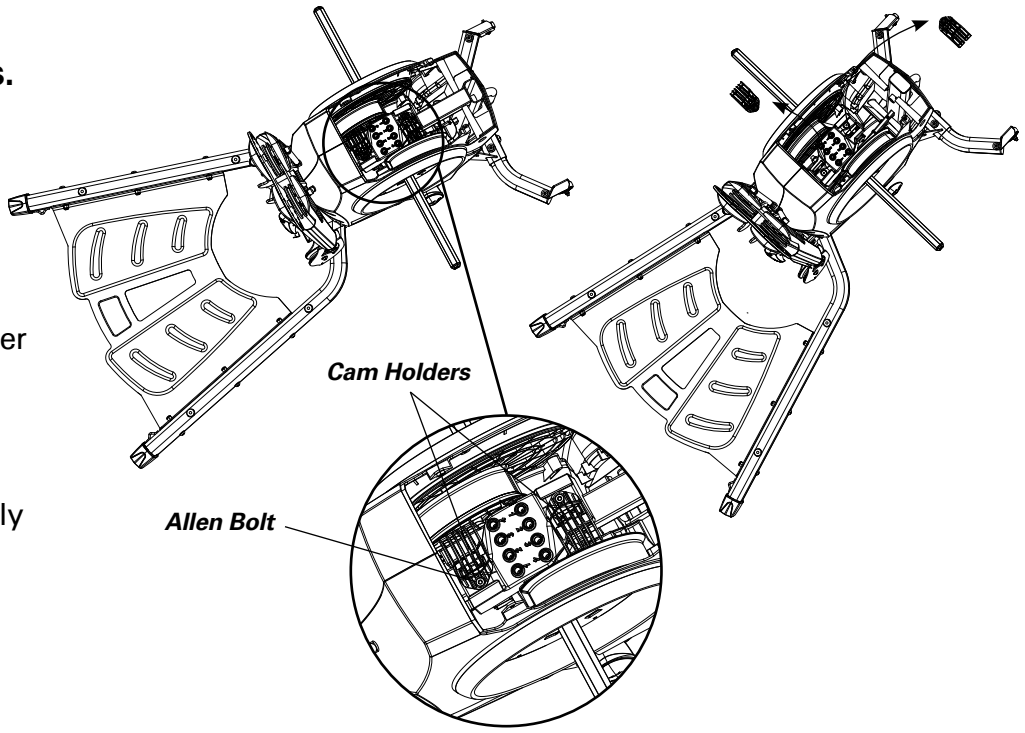
Step 15 Remove Cam Holders.

Tools:

- Phillips Head Screwdriver

15-1 Use a Phillips Head Screwdriver to remove the Cam Holders.

Note: The Cam Holders are only needed when the Spiraflex® packs are not installed and may be discarded or recycled.



Step 16 Replace Top Cover

Parts:

- Top Cover

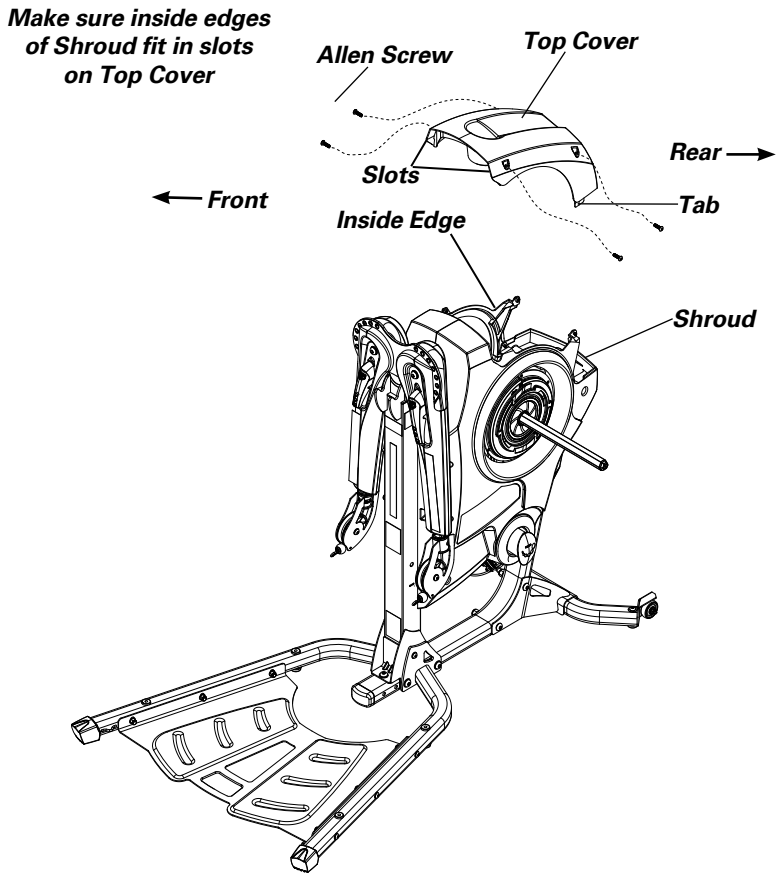
Tools:

- 1/8" Allen Wrench

16-1 If the screws are still in the Top Cover from Step 1, remove them to avoid dropping them into the Main Unit.

16-2 Replace the Top Cover **front end first**. Make sure inside edge of the Shroud fits into the slots in the Top Cover. Now seat the rear making sure the tabs on the Top Cover fit inside the Shroud.

16-3 Install and completely tighten the hardware.



ATTENTION

Before Installing the Cable Hooks (Step 17), make sure the Cables are properly tensioned according to the following procedure . If there is slack in the Cables, the Support Plate Bolts could cause interference.

Adjusting Cable Tension

Pay close attention to maintenance of the cable tension. Over time and with heavy use, the cables are designed to give slightly. Located on the main engine housing is a tension control knob which allows you to increase the tension in the cables.

Checking for incorrect cable tension is simple.

1. Position the adjustable swing arms in the upper most position.

2. Check to see if clips at end of cable hang down or if they are tight against the pulley.

3. If cables don't have enough tension, use the tension control knob on the side of the machine to tighten the cables. (See image).

4. To increase tension, pull tension knob outward and turn the large pulley clockwise. The clip on the cable should be touching the pulley.

There are tension knobs on each side of the machine. To increase cable tension, pull knob and turn the large pulley clockwise. You'll know when you have enough tension when the cable retracts and the cable clip touches the pulley.

Large pulley. This is what you need to turn to increase the tension on the cable. Pull the tension knob and use your other hand to turn the large pulley clockwise.

The cable clip should stop here.

In this image, the cable clip extends a few inches below the pulley, so there is not enough tension in the cable. The cable clip should be tight against the pulley with appropriate tension.

Step 17 Install Cable Hooks

Parts:

- Rope Hooks (*Box 3 Hardware Card*)

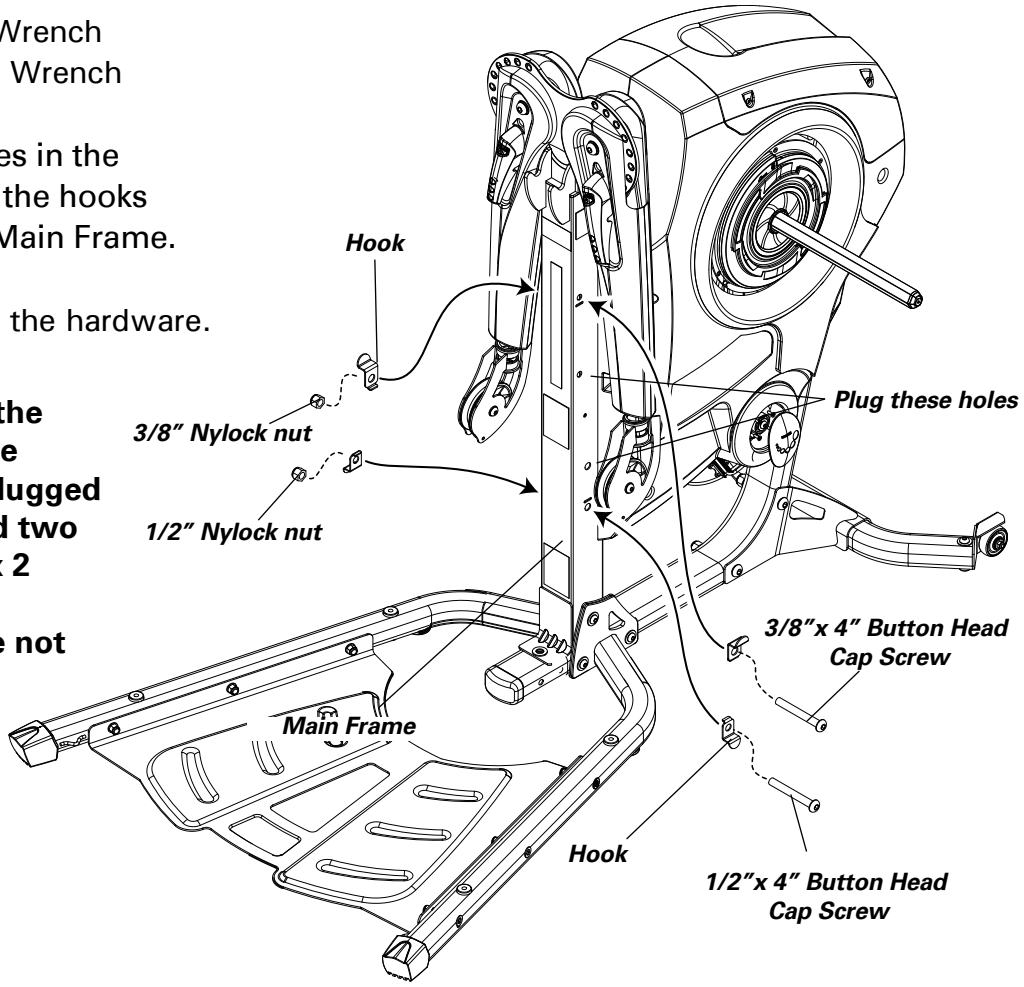
Tools:

- 5/16″ Allen Wrench
- 7/32″ Allen Wrench
- 3/4″ Wrench or Adjustable Wrench
- 9/16″ Wrench or Adjustable Wrench

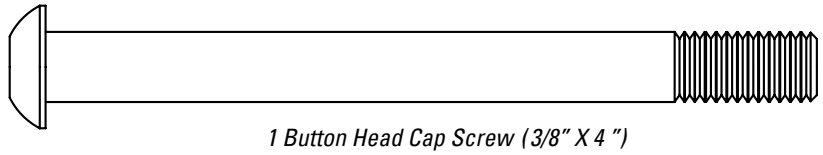
17-1 Align the Hooks with the holes in the Main Frame with the tabs on the hooks inserted into the slots in the Main Frame.

17-2 Install and completely tighten the hardware.

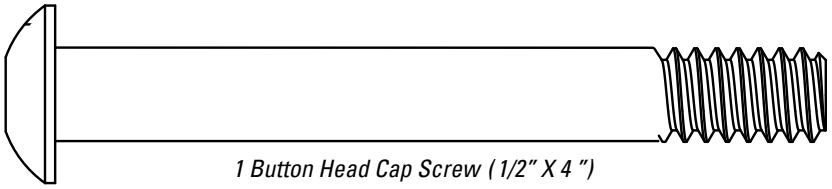
NOTE: The remaining holes in the Main Frame between the Hook Holes should be plugged with two 1/2″ plugs and two 3/8″ plugs from the Box 2 hardware card.
The remaining plugs are not needed on this unit and can be discarded.



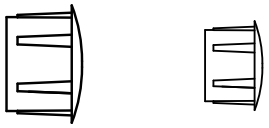
Hardware (1:1):



1 Button Head Cap Screw (3/8″ X 4 ″)



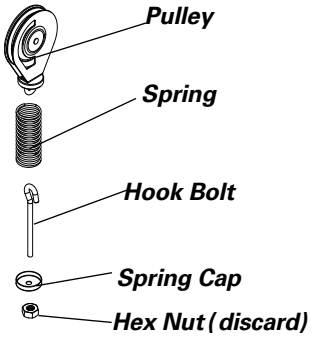
1 Button Head Cap Screw (1/2″ X 4 ″)



2 (1/2″ Plug) *2 (3/8″ Plug)*

1 Nylock Nut (3/8″) *1 Nylock Nut (1/2″)*

Step 18 Install Pulleys



Parts:

- Pulley Components (*Box 3*)

Tools:

- Screwdriver

NOTE: Remove and discard the hex nut to disassemble the Pulley components.

18-1 Place a Spring Cap over a threaded hole in a Stabilizer and screw the Hook Bolt into the hole *ONLY* about three turns. (Figure A)

18-2 Place the Spring down over the Hook Bolt. Compress the Spring and hook the Eyelet under the Pulley to the Hook Bolt. (Figure B)

18-3 Place a screwdriver through the Spring and Hook Bolt on the Pulleys and tightly screw them into the Stabilizers. (Figure C)

NOTE: Place the pulleys with the pre-installed cable closest to the main frame.

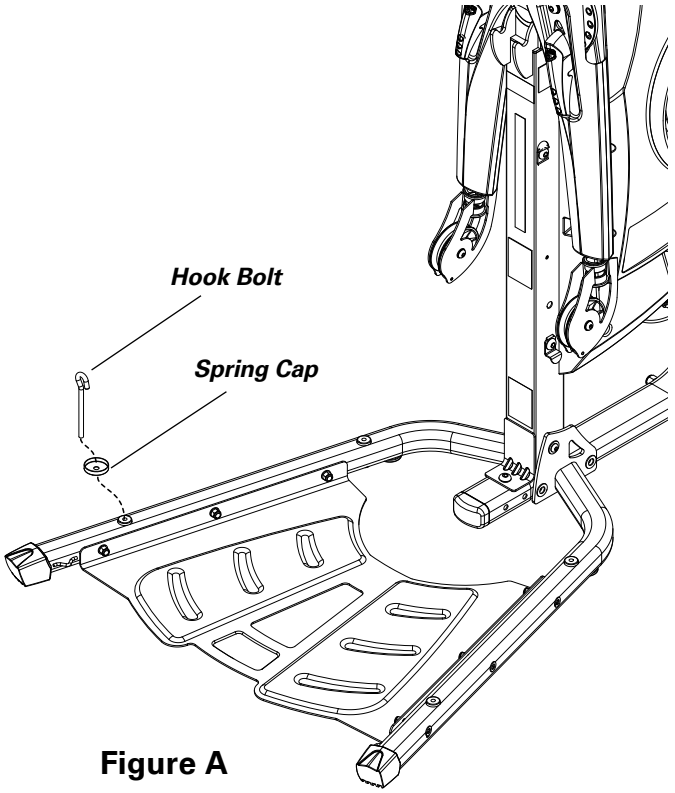


Figure A

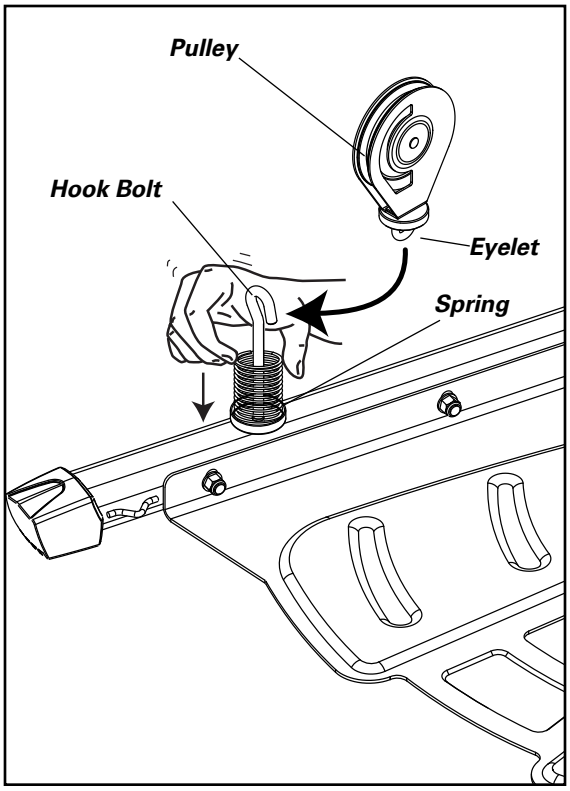


Figure B

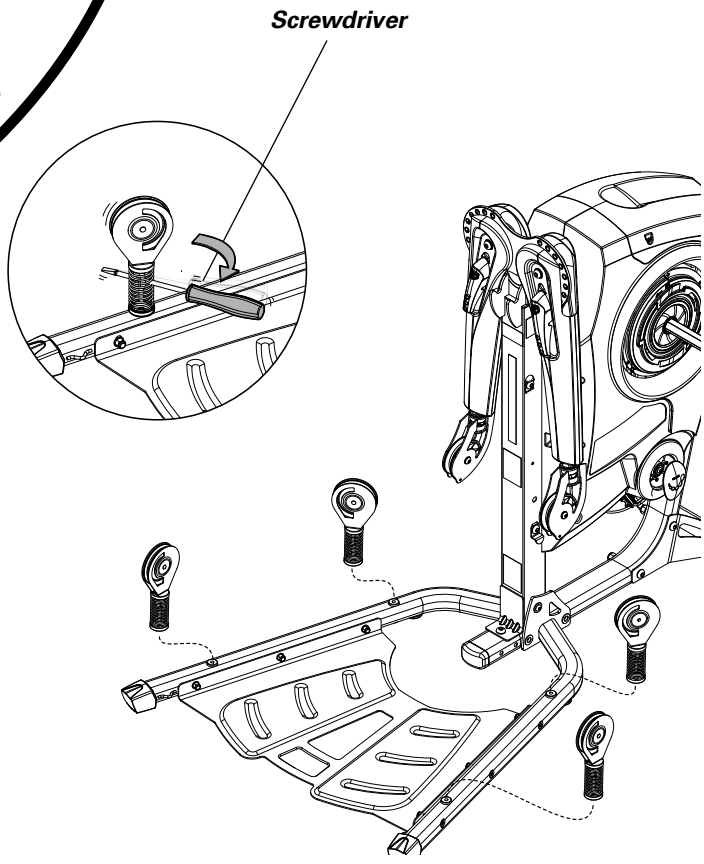


Figure C

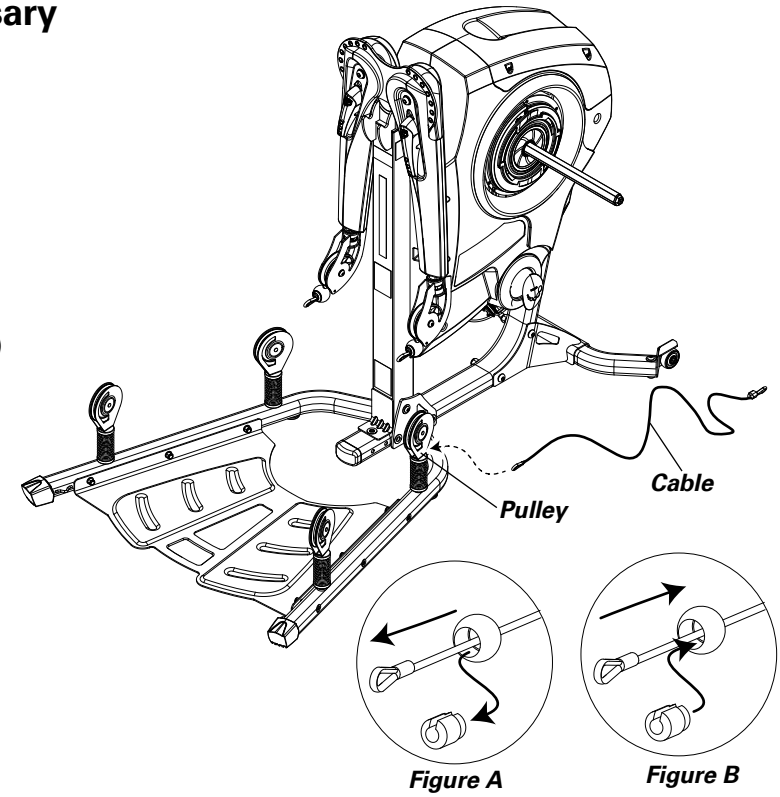
Step 19 Un-install/Install Cables if necessary

Parts:

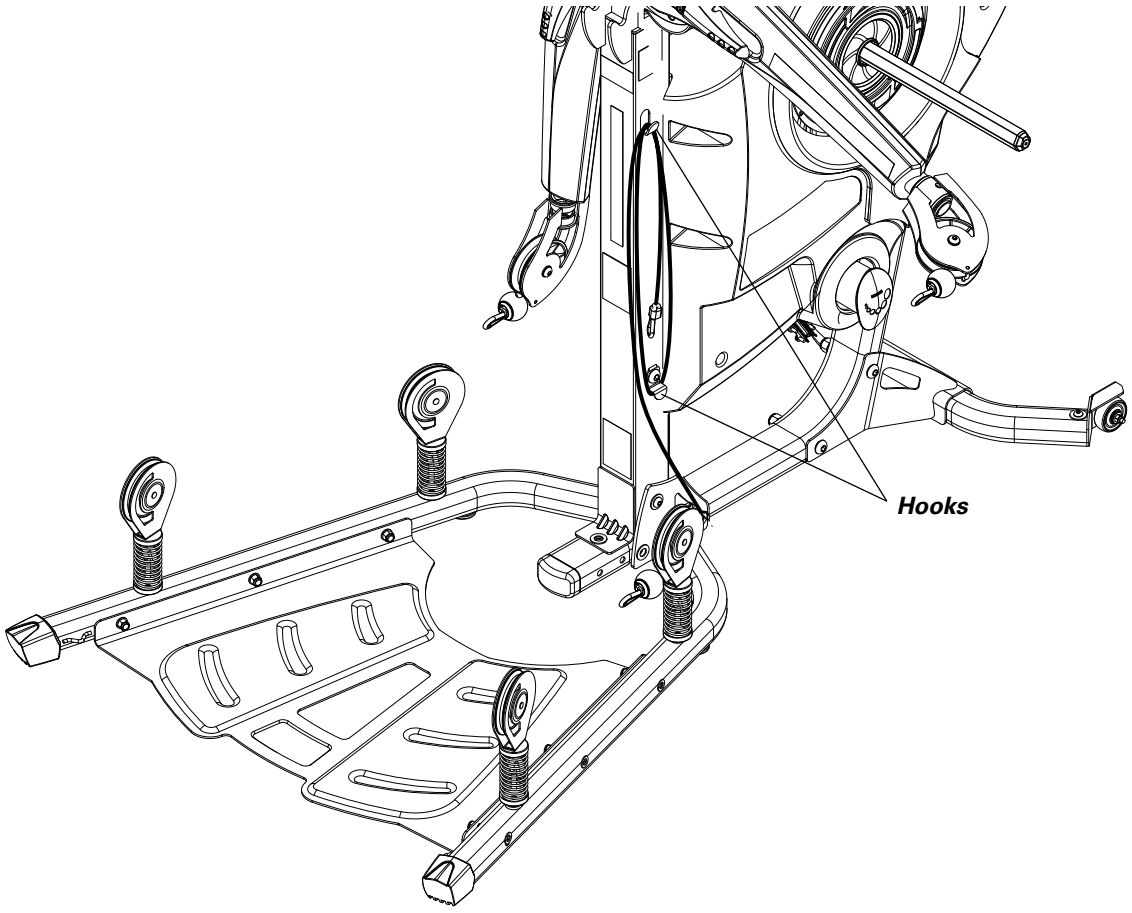
- Cables (*Box 3*)

19-1 Remove the Ball End from the Cable by pressing the insert out of the ball (Figure A) and slide the ball off of the rope.

19-2 Cable the Cable under the Pulley closest to the Main Unit and reinstall the Ball End (Figure B).



NOTE: When not in use, store the Cable by wrapping it around the cable Hooks as shown.

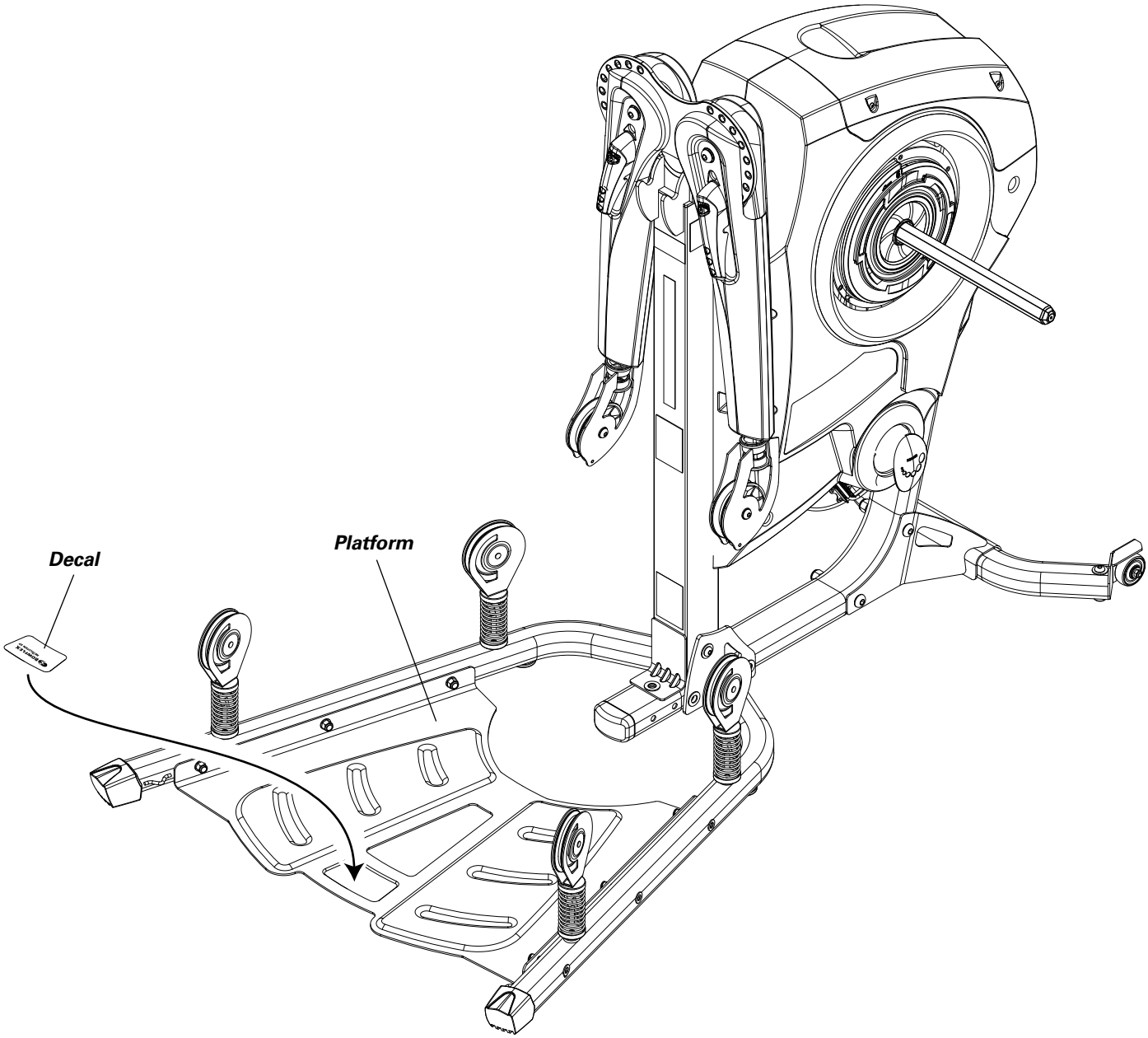


Step 20 Apply Revolution FT Decal

Parts:

- Revolution® FT Decal (*Box 4 Documentation Kit*)

20-1 Apply the Decal to the Platform in the indented area as shown. .



Step 21 Final Inspection

Please inspect your machine to ensure that all fasteners are tight and components are properly assembled. Review all warnings affixed to machine.

Congratulations! You have successfully completed assembly of your Bowflex Revolution® FT home gym!

⚠ WARNING

Failure to visually check and test assembly before use can cause damage to the Bowflex Revolution® FT home gym and serious injury to users and bystanders and can also compromise the effectiveness of your exercise program.

Important Contact Numbers

If you need assistance, please have both the serial number of your machine and the date of purchase available when you contact the appropriate Nautilus office listed below.

Please record the following information for future reference.

Serial Number
Date of Purchase

OFFICES IN THE UNITED STATES:

E-mail: customerservice@nautilus.com

- TECHNICAL/CUSTOMER SERVICE
  Nautilus, Inc.
  World Headquarters
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  Vancouver, Washington, USA 98683
  Phone: 800-NAUTILUS (800-628-8458)
  Email: customerservice@nautilus.com
  Fax: 877-686-6466

- CORPORATE HEADQUARTERS
  Nautilus, Inc.
  World Headquarters
  16400 SE Nautilus Drive
  Vancouver, Washington, USA 98683
  Phone: 800-NAUTILUS (800-628-8458)

INTERNATIONAL:

For technical assistance and a list of distributors in your area, please call or fax one of the following numbers.

- INTERNATIONAL CUSTOMER SERVICE
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  Rue Jean Prouvé 6
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BOWFLEX REVOLUTION® FT

Every effort has been made to provide you with a clear and accurate assembly / owners manual. Should you find any inconsistencies, have questions about your Bowflex Revolution® FT Home Gym or have suggestions for improving our manuals, please call 800-628-8458 for assistance.

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